

JUNE 2018

509 W. Trenton Ave. Findlay, OH 45840

(419) 423-5071

Hours: Mon-Fri 10am-7pm

SUN

MON

TUE

WED

THU

FRI

SAT

FOCUS Celebrates...



...PRIDE month!

Follow us on Facebook @focusrwc
or the web at FOCUSRWC.ORG

* Volunteer Opportunities Available*

01

02

12p Mindful Art
2p Life Skills
3p SMARTrecovery*
730p Open Air*

730p Gambler's
Anonymous*
7p Primary
PurposeNA*

03

04

05

06

07

08

09

530p Open
Minds
CA*

12p Life-Skills
2p Summer Walk
4p Fun & Games
Pool Tournament

10a Crochet Corner
12p Get'n Crafty
2p Mindful Art
630p **SELF: Hurt**
People Hurt People

10a Oasis OA*
12p Life-skills
4p Mindful Art
6p Get'n Crafty

12p Cooking Class
2p Life-skills
530p Thunder ART

2p Life-skills
3p SMARTrecovery*
4p Super Snack
530p Get'n Crafty

730p Gambler's
Anonymous*
7p Primary
PurposeNA*

10

11

12

13

14

15

16

530p Open
Minds
CA*

2p Life-skills
4p Get'n Crafty

▼NEW▼
6p *Mindful
Mediation w/Eva*

10a Crochet Corner
2p Life-skills
5p Super Snack

1130a Lunch
Bunch: *IHOP*
12p Get'n Crafty
2p Life Skills

▼NEW▼
4p *June Birthday
Celebration!!*

12p Cooking Class
2p Life Skills
4p Get'n Crafty

12p Get'n Crafty
2p Life-skills
3p SMARTrecovery*
4p Super Snack
530-7p **AMA**
Painting Class
registration required
730p Open Air*

730p Gambler's
Anonymous*
7p Primary
PurposeNA*

17

18

19

20

21

22

23

530p Open
Minds
CA*

12p Mindful Art
2p Life-skills
4p Fun & Games
Scattergories

10a Crochet Corner
2p Life-skills
4p Get'n Crafty
630p **SELF Safety**
and self-soothing

10a Oasis OA*
12p Mindful Art
2p Life-skills

▼NEW▼
3p Re-Vamped!

12p Cooking Class
4p Mindful Art
530p Thunder ART

12p Get'n Crafty
3p SMARTrecovery*
2p Life Skills
4p Mindful Art

730p Gambler's
Anonymous*
7p Primary
PurposeNA*

24

25

26

27

28

29

30

530p Open
Minds
CA*

12p Mindful Art
2p Life-skills

▼NEW▼
6p *Mindful
Mediation w/Eva*

12p Get'n Crafty
2p Life Skills
4p Super Snack

10a: Oasis OA*
12p Mindful Art
2p Get'n Crafty
4p Life Skills

12p Cooking Class
2p Life Skills
4p Mindful Art

12p Get'n Crafty
2p Life Skills
3p SMARTrecovery*
4p Mindful Art

730p Gambler's
Anonymous*
7p Primary
PurposeNA*

JUNE 2018

Our hours of operation

Monday-Friday 10a-7p

Crochet Corner- Come and learn how to crochet, have coffee and chat with others.

Lunch Bunch- The 2nd Wednesday of every month we go out to eat. This is a great chance to get out and socialize with peers outside of the center. We please ask that you provide money for your own meal. Transportation is not provided.

Oasis OA- Overeaters anonymous is a support group for anyone who struggles with food. This could be overeating, healthy dieting, or not eating enough.

SELF- An educational program for people impacted by trauma. SELF is not a 12 step program. It offers stand-alone topics for each meeting. Join us any time. SELF meets the 1st & 3rd Tuesdays of each month.

SMART Recovery- An approach that uses a secular and scientifically based using non-confrontational, motivational, behavioral and cognitive methods.

Open Air - Open Air is a support group for the LGBTQ+ Community, Family, Friends, and Allies. Topics could be Self-Acceptance, Recovery, Coming out or Mental Health. Meet the Community and enjoy friendly conversation.

Thunder ART - "Brae's Multiple Impressions" Will lead a class of Recovery Expression through flash board design and graffiti artistry. Come learn a new skill to support your personal wellness.

Mindful Art

Projects with purpose, arts and crafts with a message, lesson, or information to reflect on.

June 1 - Self-Esteem Portraits
June 5 - Past & Future Hands
June 6 - Mental Health/Addiction Ribbons
June 14 - Torn Paper Craft Art
June 18 - I-Spy Bottles
June 20 - "Open" when needed Notes
June 21 - Lyric Jars
June 22 - Draw Your "Dragons"
June 25 - Paper Plate Dreamcatcher
June 27 - Coping Skills Cards
June 28 - Popsicle Stick Quotes
June 29 - Emotions As Weather

Life-skills

Life can be tough, Life-skills offers guidance, suggestions, and "hacks" for the tough stuff you encounter every day.

June 1 - The Wise Mind
June 4 - What Is Recovery To You?
June 6 - Self-Esteem
June 7 - Setting Goals
June 8 - Holistic Stress Reducing Skills
June 11 - Asking For Help
June 12 - My Self Care Plan
June 13 - How To Handle Conflict
June 14 - Bucket List
June 15 - Red Flags For Falling Back Into an Old Habit
June 18 - Willingness Brings Change
June 19 - Self-Discovery
June 20 - Positive Self Coaching
June 21 - Stop Shame and Self-Criticism
June 22 - Overcoming Fear
June 25 - The Mindset Continuum
June 26 - Habits That Block Your Happiness
June 27 - Listening To Your Emotions
June 28 - How To Be a Leader
June 29 - Creating Healthy Boundaries

Super Snack!

Learn how to follow recipes, prepare, and cook sweet and healthy snacks then enjoy the result.

June 12 - Planko Avocado Fries
June 8 - Bannan
June 15 - Homemade Nacho Sauce
June 26 - Garlic Cheese Fries

Get'n Crafty

A simple and fun craft for all, be creative, work with your hands and great way to socialize with friends.

June 5 - Flip-Flop Wreath
June 6 - Tulip Suncatcher
June 8 - Hanging Star Charms
June 11 - Glitter Seashells
June 12 - Heart Wreath
June 13 - Rainbow Mug
June 14 - Fairy Mason Jars
June 15 - Dragon Eggs
June 19 - Fingerprint Pineapples
June 20 - DIY Stencil Graphic Tee's
June 22 - Name Tape Painting
June 26 - Geode Garland
June 27 - Feather Painting Bookmarks
June 29 - Petal Lanterns

Cooking Class!

Prepare a meal or whole entrée as a group, sit down and enjoy together.

June 7 - Nacho's
June 14 - Tater Tot Casserole
June 21 - Green Chile Turkey Taco's
June 28 - Turkey Sloppy Joes



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